

# Change Your Thinking About Food, Exercise, and Yourself

What you **think** drives what you **do**. You can change your **thinking**. Here are some tips:

- Make a firm decision to **get serious**.
- Make your weight management program one of your **top priorities**.
- Realize that **you have control** over your weight.
- Eating and other lifestyle behaviors have been **learned**; therefore, they can be **replaced or changed**.
- Think **positively**!
- Tell yourself you're **worth the effort**!
- Think about **exercise** and physical fitness as increasing your **energy, vitality** and **well-being**.
- Think of eating and physical activity as **needing a balance**. You have the power to tip the scales.
- Think about weight management as a **life-long effort** and a way to be good to yourself.

